

# SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 TREX A 4:00-5:00pm FH TREX B 5:00-6:00PM FH	10 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	11 no practice DARE TO CARE - all TREX groups 4:30-6:00pm U of C rooms KNA 160 & KNA 162	12	13	14 Fall BBQ
15 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	16 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	17 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	18 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	19	20	21
22 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	23 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	24 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	25 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	26 TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00-6:00pm FH	27	28
29 NO PRACTICE	30					

\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) \*\*Squad Photos will be added as soon as they are confirmed